GRAPEVINE
VISITACION·VALLEY

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Visitacion Valley Awaits the New Third Street Light Rail Line

With palm trees in place and a center median strip fully landscaped, most construction on Bayshore Boulevard from Hester to Sunnydale avenues is now finished for Segment F of the new Third Street Light Rail line. Finishing work on station platforms at both Sunnydale and Blanken avenues is scheduled to be completed next year.

Concerned Visitacion Valley Residents Want Answers to Neighborhood Violence

More than 150 neighborhood residents gathered at the Church of the Visitacion on Nov. 7 to present their needs and solutions to their growing need for more security in the neighborhood

This event was sponsored by the San Francisco Organizing Project, a federation of 40 congregations and community groups throughout San Francisco, and the Church of the Visitacion. It brought neighbors together to discuss an increasing number of murders, assaults and robberies in the community with meeting guests, including Captain Paul Chignell of Ingleside Station.and representatives from Mercy Housing California.

More than half of the Visitacion Valley residents in attendance been directly affected by criminal activity.

"I'm afraid to open my blinds for fear of what I will see outside," related one resident of a Mercy Housing property. "I wish I could leave, but I can't afford to."

Another resident said, "I have been robbed 13 times going to the bus. Now I drive my car the two blocks to the stop so I don't have to walk."

During the meeting, Mercy Housing was requested my members of the community to better protect their properties with security gates to prevent unwelcome intruders from trespassing.

Captain Chignell also requested that witnesses to unlawful action taking place in the neighborhood contact the police.

Astronomy Class Starts Soon at VVCC

A new credit class through City College of San Francisco's *Southeast Campus* will be held in Visitacion Valley at the Community Center for Spring 2005.

Astronomy 1, taught by Todd Rigg, will be held on Tuesdays from 6 to 9 p.m. at 66 Raymond Ave. Interested individuals can apply online or go to Room 201 at the Southeast Campus to sign up.

Southeast Campus, located at 1800 Oakdale Ave., is also offering other credit night classes including: *English 9* (Monday night from 6-9 p.m.), *English 90* (Tuesday night from 6-9 p.m.), and *Business G* (Wednesday night from 6-9 p.m.). Two Saturday classes are also being planned, one titles *African American Health Issues* (Saturdays from 1-4 p.m.).

Students can sign up for the *Working Adults Degree Program* (WADP) and start working on their A.A./A.S. degrees since all courses for the WADP are offered during evenings and on Saturdays.

Hekima Program

There is also a new program at Southeast Campus called the *Hekima (He-key-ma) Program*, an alternative educational program for youth at risk or involved in the criminal justice system providing needed information and resources to youth ages 18-24, including CCSF counseling and academic courses, life skills, mentoring, tutorial assistance, on-the-job training opportunities, psychodrama, multicultural writing and much more.

Students who would benefit from the program can contact Dr. Veronica Hunnicutt, Dean of Southeast Campus at (415) 550-4347.

Former Middle School Principal Remembered

Many Visitacion Valley neighbors were saddened to learn of the Nov. 12 death of Fannie Jo Peagler, who was principal of Visitacion Valley Middle School (VVMS) from 1988 until its reconstitution in 1994.

Peagler, 69, was at a Burlingame hospital when she succumbed to congestive heart failure.

In a 40-year tenure with the San Francisco Unified School District (SFUSD), Peagler had been an instructor at several public elementary schools in the City including Paul Revere and Starr King. She was also later an assistant principal at Starr King, as well as at Herbert Hoover and Martin Luther King middle schools.

After leaving VVMS, Peagler worked in SFUSD central office administration before finishing retiring in 1998.

Average Northern California Fuel Costs Fall from Record Highs

California drivers saw the average cost of a gallon of gasoline decline from the record high price set late last month.

According to a new report by AAA of Northern California, which tracks gas prices as a service to consumers, the average price for a gallon of regular unleaded gasoline in California is now $2.36. That price is a decrease of nine cents per gallon since the statewide average cost of gas peaked on Oct. 21.

"At least drivers are getting a little relief," said Sean Comey, spokesman for AAA of Northern California. "But it's important to keep this in perspective. Statewide, we're still paying 63 cents a gallon more than we were this time last year."

The main market force driving down retail gas prices is the falling cost of crude oil. Although still very expensive, crude oil prices are down nearly eight dollars per barrel from their record high set in late October.

Every dollar decrease in the cost of crude oil typically translates into a decline of 2.5 cents in retail gas prices. Supply has improved from newly repaired production facilities in the Southeastern United States that were damaged by recent hurricanes. Relatively mild weather in the Northeast has also eased demand for home heating oil.

The most expensive average gas price in Northern California is in San Mateo, where regular unleaded costs $2.48 per gallon. The lowest price among California cities tracked by AAA is in Marysville, where gas costs an average of $2.19 per gallon.

Throughout Northern California, the average price is $2.35. In the Bay Area, the average price is $2.37.

The nationwide average price is now $1.96, which is 40 cents a gallon less than the statewide average in California. The most expensive gas in the United States is in Wailuku, Hawaii, where a gallon of regular unleaded costs an average of $2.68. The least expensive gasoline is in St. Louis, Missouri, where the average price is $1.69 per gallon.

"Any problems which affect crude oil could trigger a change in market dynamics," said Comey. "A series of East Coast blizzards that boost demand or problems in oil producing regions of the world that cut supply would likely lead to another round of prices increases."

New FTC Lie Initiative Targets Bogus Weight Loss Claims

The Federal Trade Commission recently launched *Operation Big Fat Lie*, a nationwide law enforcement sweep against six companies making false weight-loss claims in national advertisements.

Operation Big Fat Lie is the latest in the Commission's efforts to: stop deceptive advertising and provide refunds to consumers harmed by unscrupulous weight-loss advertisers; encourage media outlets not to carry advertisements containing bogus weight-loss claims; and educate consumers to be on their guard against companies promising miraculous weight loss without diet or exercise.

Complaints in each of the six cases allege that defendants used at least one of the seven bogus weight-loss claims that are part of the FTC's *Red Flag* education campaign announced in December 2003. That ongoing *Red Flag* campaign provides guidance to assist media outlets in voluntarily screening out weight-loss ads that contain claims that are too good to be true.

Named in the complaints were the makers of: *Ultra LipoLean* and *gel•ä•thin* (a topical gel); *1-2-3 Reduce Fat* (a three-part kit), *Siluette Patch* (a transdermal patch made from pure seaweed), and *Fat Seltzer Reduce; Cellulite Cream; Body-Trim/Bio-Trim; Chinese Diet Tea* and the *Bio-Slim Patch*; and *Himalayan Diet Breakthrough*.

The cases challenge ads containing false *Red Flag* claims for a variety of products, including pills, powders, green tea, topical gels, and diet patches. The FTC alleges in each case that the weight-loss claims are false and that the defendants did not have adequate substantiation for the claims they made.

Consumer Education

A campaign was launched to help consumers spot claims that almost always signal a diet rip-off. *Weighing the Evidence in Diet Ads* warns consumers to steer clear of diet pills, patches, creams, or other products that offer quick weight loss without diet or exercise; that claim to block the absorption of fat, calories, or carbohydrates; or that promise that consumers can eat all they want of high-calorie foods and still lose weight.

Consumers can find more tips on protecting themselves from questionable diet products at http://www.ftc.gov/dietfit.

California Housing Market Still Booming

SACRAMENTO – Home production continued at a near-record pace in September as both single-family and multifamily construction, while down a bit from the previous month, continued to show strong, year-over-year increases, the California Building Industry Association recently reported.

Housing starts as measured by building permits issued were down slightly in September compared to August but up significantly from September 2003.

A total of 17,118 permits were issued, 6.7 percent less than the previous month but 15.6 percent more than September of last year.

Single-family construction, once again, down from the previous month, continued the trend of strong year-over-year gains with pennits issued totaling 12,450 in September, down 7 percent from the previous month but up a solid 9.7 percent from September 2003.

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Tiny Tots Program At Valley Playground

A *Tiny Tots* program meets at Visitacion Valley Playground, 251 Leland Ave. (at Cora Street) on Tuesday, Wednesday and Thursday mornings from 10 to 11:30 a.m. Activities include free-play, an educational component, a variety of arts and crafts, singing, field trips and a snack. Cost is $15 a month. For more information, parents can contact Elizabeth Sacha at 239-2392.

Sizzling Seniors at VVCC in December

The Sizzling Seniors will perform at the VVCC Senior Center on Dec. 8.

Two special holiday programs for seniors will be presented at the Visitacion Valley Community Center (VVCC) in December.

A delightful holiday program at 1 p.m. on Wednesday, Dec. 8 at 66 Raymond Ave. features the *Sizzling Seniors*, a group of dedicated, enthusiastic and dynamic members of the Santa Clara Adult Education and Los Gatos Park and Recreation programs.

With a median group age of 73 years, the *Sizzling Seniors* are committed to inspiring others by performing for benefits, fund-raisers, churches, clubs and private organizations.

Also a senior at 67, Bev Meyers is the coordinator, creator and choreographer of this inspiring group. Although she had designed and sewn all the *Sizzling Seniors* holiday costumes, each of the group personalized their own attire with sequins, appliques and other materials.

Many in the *Sizzling Seniors* also volunteer their time with elementary school children, encouraging them to make both exercise and life-long learning a vital part of their lives.

On Tuesday, Dec. 28 VVCC will present a musical performance by Allen and Elaine Steinmetz. Allen plays the piano and violin with Jane as vocalist.

The program will also feature the Jim and Jane Dancers. Jim Sichel and Jane Lu will dance to songs such great holiday hits as: *Feliz Navidad, Rock Around Christmas Tree, Christmas Bride*.

Grapevine Mailbox

Sunday Library Hours?

The Library's cost estimates show that every one of the City's 19 branches now closed on Sundays could be opened for four hours every Sunday – for six years – using just some of the money that could be saved if plans to convert from bar code technology to RFID technology were scrapped.

The Acting City Librarian's memo shows that hour newly-added Sunday hours would cost $12, 561.43 per year per branch for salary and fringe expenses in a "cost model based on the Merced Branch Library." The annual cost for 19 branches would be under $240,000 per year – less than half the annual average RFID implementation cost of $500,000 per year for six years ($3 million total conversion cost estimated by the Library). The annual cost is less than the first-year implementation budget of $300,000, which the Board in July placed on a six-month reserve pending the Library's satisfactory resolution of RFID Privacy htreats and potential health risks. The money would go to a youth jobs program if these problems were not satisfactorily resolved.

Proposition E (1994) has generously funded the Library and provided annual budget increases even in the last few difficult years.

Peter Warfield,
Library Users Association

Supporting U.S. Military

Recently, there was an email circulating the Internet that contained misinformation about Starbucks and our support of the military. Starbucks was able to locate the author who turned out to be a Marine Sergeant. He was very grateful that we contacted him and apologized for any misunderstanding, as he did not intend to spread the rumor. He subsequently sent an email to his original distribution list correcting his mistake, which is included at the end of this letter.

Starbucks has the deepest respect and admiration for U.S. military personnel. We are extremely grateful to the men and women who serve stateside or overseas. We sincerely appreciate that they are willing to risk their lives to protect Americans and our values of freedom and democracy. While Starbucks as a company cannot directly donate to military personnel, many of our partners (employees) show their support by donating coffee.

Sincerely, Starbucks Coffee

Revolution of Solutions at State of the City Address

by Mayor Gavin Newsom

On Thursday, October 21, in Mission High School's auditorium, I delivered my first State of the City Address.

It was an opportunity to acknowledge the problems we face while outlining long-term solutions to address homelessness, housing, education, poverty, crime, the digital divide, government accessibility and more.

I highlighted programs begun since I took office that are already changing our city, like universal health care for ages 0-25, a local Earned Income Tax Credit, additional police officers on the beat, a new bio-tech tax credit, and the ongoing success of Care Not Cash.

I also made several new announcements that will forever change San Francisco, including:

*Redevelopment of public housing, a renewed commitment to tackle homelessness, a plan to move towards universal healthcare, and creating a job friendly city.

*A new volunteer initiative, "SF Connect," to link San Franciscans to the city.

*A pledge to make free wireless accessible to every San Franciscan.

*Doubling the number of performance audits to improve outcomes and results among non-profit service providers.

*A Charter Amendment to require a ten-year capital plan, a two-year budget cycle and stronger fiscal safeguards.

*Finding an alternative to the California Youth Authority for San Francisco's youth.

*Implementation of 3-1-1 number in 18 months to replace confusing myriad of government access numbers.

*A $700,000 Homeland Security grant to expand city's Neighborhood Emergency Response program.

Below are excerpts from the speech. For the full text go to http://www.sfgov.org/site/mayor_index.asp.

"Recently, San Francisco gave me the great honor of serving as your 42nd Mayor.

I found a San Francisco... confronted by the greatest economic downturn in recent memory and the largest budget gap in city history, and challenged to provide essential services in the face of staggering federal and state budget cuts...

Here in San Francisco, we've begun a revolution of solutions that challenges the status quo to innovate and reinvent, to rethink and reconnect our city with its people...

Homelessness

"When we could have offered another shelter bed, we are increasingly offering homes – and supportive services that address the underlying causes of homelessness...

Emergency Preparedness

"We updated our Emergency Operations Plan for the first time in a decade, conducted joint training exercises with our Police, Fire, and Public Health departments, And surpassed 11,000 residents trained and ready to respond in the event of a disaster...

Public Safety

"Today, there are 44 additional officers walking a neighborhood beat, including 16 officers patrolling public housing. We have plans to hire an additional 150 new officers over the next 18 months...

The Southeast

"Recently, I announced the Communities of Opportunity Initiative, an unprecedented effort that responds to the needs of our most neglected and disadvantaged neighborhoods.

This initiative will focus on reforming service delivery, building better housing, and job creation... We are creating a local Hope VI program to replace failed public housing...We created a local Earned Income Tax Credit...

Advancing Volunteerism

"In June, my office of Community Development launched Project Connect, to ask San Franciscans how we as a city can do better. 867 volunteers and city workers, knocked on 10,333 doors in our most underserved communities. Project Connect will become permanent in an ongoing effort to better connect San Franciscans to city government...

Environment

"...While we are the most densely populated American city, we achieved a 63% recycling rate... We are softening the edges of our urban landscape by greening median strips along Van Ness Avenue, Sloat Boulevard, Lombard Street, Geary Boulevard and Junipero Serra Boulevard...

Jobs and Economic Development

"I am committed to making San Francisco a more business friendly city..."

Wireless Technology

"We are developing plans to bring wireless technologies and free computers to our affordable housing developments and community centers...

Neighborhood Revitalization

"We will turn the mid-market area into a world-class arts and culture district. We will renovate UN and Halidie Plazas...

We will create Community Benefits Districts in Noe Valley, the Tenderloin, Polk, Fillmore, Third Streets, as well as San Bruno, Ocean and Leland Avenues... We expect to break ground on the Hunters Point Shipyard by spring 2005...

A City That Dares

"We are a city that dares to ask "What if..."

What if we offer permanent supportive housing to the homeless? What if we make it possible for average San Franciscans to own their own home? What if we make universal health care a reality?

What if we try what's never been tried before? Over the next three years, that's exactly what we will do."

Human Trafficking is Modern-Day Slavery

by CA Attorney General Bill Lockyer

Human trafficking is nothing less than modern-day slavery. Held as captives, victims are forced to work in sweatshops, prostitution rings, farm labor, private homes and other enterprises under deplorable conditions. To prevent victims from escaping, their captors often confiscate identification documents, threaten them with arrest and deportation and restrict their access to the surrounding community.

Forced labor operations have surfaced in 13 California cities, concentrated largely around San Francisco, Los Angeles and Fresno, according to a recent report, Hidden Slaves, from the Human Rights Center at the University of California, Berkeley. Yet, this devastating human rights abuse is relatively unknown to the general public.

Forced labor in the U.S. is not only unconscionable, it is also illegal. The practice violates criminal laws prohibiting indentured servitude, money laundering and tax evasion. In addition, it can be tied to violations of immigration, smuggling, false documents, false imprisonment and a host of civil liberty abuses. These crimes are often traced to criminal syndicates that peddle drugs, guns and false documents, as well as people.

Yet, alarmingly, the Berkeley report confirms that too often human trafficking criminals Ahave learned that the odds are good that they will never be held accountable in a court of law."

Human trafficking cases in California involve personal stories of unchecked greed and despair. In Berkeley, a businessman, Lakireddy Bali Reddy, ran a sex and labor exploitation ring for 15 years. Supawan Veerapol, a Thai restaurant owner in Los Angeles, recruited Thai nationals to work at her restaurant, then exploited them as slaves. In Sacramento, a massage parlor business allegedly smuggled young Asian females into the country and forced them to work as prostitutes.

The 2000 Trafficking Act, enacted by Congress, is a good start in prosecuting these criminals. However, the Act has limitations. We need to do more. During a recent hearing before the California State Assembly, my office provided several suggestions on how California can strengthen efforts against forced labor and human trafficking, including:

*Bring local, state and federal law enforcement and victim assistance groups together to develop strategies to better identify and address human trafficking.

*Train local and state law enforcement agencies to identify victims and forced labor operations when they come in contact with secondary crimes of human trafficking, such as fraud, money laundering and prostitution.

*Educate law enforcement agencies and prosecutors so they consider the possibility that trafficking might be involved, and ask appropriate questions, as they investigate and prosecute cases involving sexual abuse, smuggling or labor abuse involving immigrants.

*Collect and analyze information to identify human trafficking groups and the extent of their illegal activities in this state, and assist investigations.

*Educate the public, especially health care workers, religious institutions and community organizations to the problem and solicit their cooperation in assisting law enforcement and victims.

Here, at the Department of Justice, we are in the process of researching the impact, as well as the extent, of active trafficking networks operating in California. My office stands ready to assist in bringing this modern form of human slavery to an end.

Anyone who suspects human trafficking, or victims who need help, can call the Trafficking in Persons and Worker Exploitation Task Force Complaint Line at 1-888-428-7581, or the nearest FBI field office.

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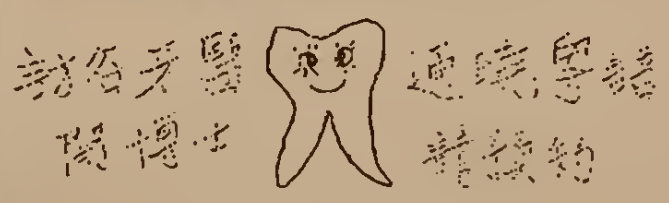

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Come to Church This Week

Micro-Minute
by Mr. Food

It never fails – the holidays seem so far away and then, all of a sudden, they're upon us! And, at this time of year, we're always pressed for time. How can we possibly get everything done?! I have a few simple tricks that'll help…along with our microwave ovens!

*Instead of defrosting your holiday turkey on the kitchen counter, eliminate the possibility of bacteria contaminating it, and defrost it safely in your microwave, using the Defrost setting. A super example of how technology makes this job as easy as possible is the Turbo Defrost feature on the Panasonic Inverter Microwave; it allows you to defrost whole turkeys and certain other foods simply by entering their weight. That's a real help at this time of year!

*Defrost a whole turkey by removing it from its wrapper; make sure there is no metal holding the bird together – if so, remove it before microwaving. Place in a microwave-safe dish, drain off any liquid, and select power and minimum defrost time. A whole bird generally needs 5 to 9 minutes per pound; turn it over several times to ensure even defrosting. *(Always refer to the instructions in your microwave owner's manual.)*

*Winter squash are often really hard to cut open, so here's how to make it easier. Pierce the shell a few times with a fork then microwave at 100% power for 1 to 1-½ minutes.

*To give your store-bought cranberry sauce a homemade look and taste, serve it warm. Simply empty a can of whole-berry cranberry sauce into a microwave-safe dish and heat at 100 percent power for about 2 minutes.

*Steaming vegetables in the microwave for holiday side dishes not only keeps the veggies bright and fresh-tasting, but it retains most of their nutrients, as well.

*Want an extra-tasty pecan pie? Simply spread the shelled (out of the shell) nuts in a microwave- safe pie plate that has been coated with nonstick cooking spray, and microwave at 100 percent power at short intervals for 4 to 5 minutes, stirring occasionally. Watch the nuts carefully, so they don't burn.

*If it has one, take advantage of your microwave oven's "Keep Warm" feature, which is a great help when you need to keep lots of different dishes hot and ready to serve all at the same time.

Below are a few of my favorite quick-and-easy go-alongs to team with your holiday turkey. I love these not only during the holidays, but all throughout the year. Give 'em a try. Your gang will be thankful to you for sharing all the…*"Ooh it's so good!!"*

Asparagus with Hollandaise Sauce

(2 to 4 servings) *"Sometimes the simplest things are the best. And what better than fancy asparagus drizzled with homemade hollandaise sauce to prove that?"*

1 pound fresh asparagus, trimmed; 1/4 cup water; ½ teaspoon plus 1/8 teaspoon salt, divided; 1/4 cup (½ stick) butter; 2 egg yolks; 2 teaspoons fresh lemon juice.

1. Place the asparagus (tips toward center) in a microwave-safe 7" x 11" baking dish. Add the water and season with ½ teaspoon salt. Cover and microwave at 90 percent power for 5 minutes; remove and set aside.

2. In a small microwave-safe bowl, heat the butter at 90 percent power for 40 seconds, until melted. In a small bowl, beat the egg yolks, lemon juice, and remaining 1/8 teaspoon salt until thick. Slowly pour in the melted butter, whisking well. Microwave uncovered at 40 percent power for 30 seconds, stirring halfway through the cooking time.

3. Uncover the asparagus; drain, and place on a serving platter. Drizzle with the hollandaise sauce and serve immediately.

Autumn Sweet Potatoes

(6 to 8 servings) *"A Thanksgiving favorite in our house, these are sure to be a big hit in your house, too!"*

1 can (40 ounces) sweet potatoes or yams, drained and cut into chunks; 1 can (8 ounces) pineapple chunks, drained; 1 can (16 ounces) sliced carrots, drained; 1/4 cup packed light brown sugar; 1 cup mini marshmallows.

1. Place the sweet potatoes in a microwave-safe 7" x 11" baking dish. Top with the pineapple and carrots then sprinkle with the brown sugar. Microwave at 70 percent power for 4 minutes.

2. Sprinkle the marshmallows over the top of the casserole then microwave at 70 percent power for 3 minutes, or until the marshmallows are melted.

Finishing Touch: Just before serving, sprinkle the top with ground cinnamon or nutmeg, or even some grated orange zest for extra rich flavor and freshness.

Roasted Acorn Squash

(4 to 6 servings) *"Don't wait until the leaves start changing to enjoy this harvest-time treat! No matter what time of year it is, we can bring home the feel of autumn with this hearty side dish."*

2 medium acorn squash; 1/3 cup vegetable oil; ½ teaspoon salt; 1/4 teaspoon black pepper.

1. Pierce the squash a few times with a knife then place the whole squash in a microwave-safe 9" x 13" baking dish. Microwave at 80 percent power for 9 minutes.

2. Remove the squash from the microwave and let cool for 2 to 3 minutes. Cut in half and remove the seeds; cut squash into 2-inch chunks.

3. In a large bowl, combine the oil, salt, and pepper; mix well. Add the squash and toss until well coated then return the pieces to the baking dish.

4. Microwave at 80 percent power for 15 minutes, or until fork-tender; serve immediately.

Finishing Touch: Serve this as is to enjoy the delicate, nutty flavor of the squash, or drizzle it with warm maple syrup or melted butter and a sprinkle of cinnamon-sugar just before serving.

Glazed Baby Carrots

(4 to 6 servings) *"No more ho-hum carrots on our dinner plates! Uh uh! These are so sweet and tangy, even the kids will love 'em!"*

1 pound baby carrots; 2 tablespoons water; ½ cup packed brown sugar; 2 tablespoons butter; 2 tablespoons white vinegar; 1/4 teaspoon cornstarch.

1. In a medium-sized microwave-safe bowl, combine the carrots and water; cover and microwave at 90 percent power for 5 to 6 minutes, or until crisp-tender. Uncover and drain.

2. In another medium-sized microwave-safe bowl, combine the remaining ingredients. Microwave at 80 percent power for 1 to 1-½ minutes, or until the mixture is melted and thickened.

3. Pour the glaze over the carrots, mix until well-coated, and serve.

Composting and Gardening Classes in December

**Urban Composting*: Saturday, Dec. 4, 10 a.m.-12 noon. Turn your kitchen scraps into a rich soil amendment for your plants at Garden for the Environment, 7th Avenue at Lawton Street. Free!

**Holiday Gifts from the Garden*: Dec. 11, 10 a.m.-12 noon. Learn how to make low-cost holiday gifts from materials gathered in the garden. $15, Garden for the Environment, 7th Avenue at Lawton Street. Pre-registration required. Call 731-5627.

**Hardscaping Your Garden with Recycled Materials*: Dec. 18, 10 a.m.-1 p.m. Join Building Resources and the GFE for a workshop on t building creative garden pathways, beds and containers using recycled materials. Garden for the Environment, 7th Avenue at Lawton Street. Pre-registration required. Please call 731-5627 for a class listing or to pre-register. Free!

Crossword Puzzle Solution

■	F	T	C	■	G	A	S	■	C	E	O	■
E	L	A	H	■	R	I	M	■	A	X	L	E
P	A	L	I	S	A	D	E	■	R	E	E	L
A	G	A	■	A	N	E	A	R	■	M	A	A
■	■	■	L	A	G	■	R	A	S	P	■	■
B	E	N	A	R	E	S	■	B	A	L	O	O
A	L	A	R	■	R	O	C	■	T	A	L	L
C	I	R	C	E	■	S	A	K	E	R	E	T
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L	O	A	M	■	T	Y	P	E	F	A	C	E
I	N	R	E	■	A	R	S	■	A	C	A	D
■	A	I	L	■	N	E	O	■	D	E	L	■

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"Convection cooking separates the fire from the meat creating the true flavor of our smoky meats which can't be found anywhere else in San Francisco."

Book Reviews

Photo Histories of City's Police and Fire Departments

San Francisco Police Department (Arcadia *Images of America*, 2004, $19.99); *San Francisco Fire Department* (Arcadia *Images of America*, 2004, $19.99) both books by John Garvey.

Culled from archives and private collections, *San Francisco Police Department* is a collection of vintage photographs paying tribute through the years to the women and men of the San Francisco Police Department (SFPD).

The officers of the San Francisco Police Department would be the first to tell you that police work in this city is nothing like Dirty Harry, The Streets of San Francisco, or Nash Bridges. It's a gritty reality, occasionally infused with glamour, but always characterized by the innovation and unusual proceedings found as a matter of course in this unique city.

The department was established in 1849, when the population surge from the Gold Rush created a desperate need for law enforcement. An initial 35-member force was formed to protect over 20,000 residents.

Since then, the SFPD has presided over notorious events, including the case of the Zodiac Killer, Zebra Murders, the Patty Hearst Hibernia Bank robbery, the 1975 assassination attempt on President Gerald Ford, and the Golden Dragon Restaurant and 101 California Street Massacres. While the SFPD story includes a gruesome and sometimes scandalous past, its dedicated officers continue to provide a positive and invaluable service to the diverse metropolitan community of San Francisco.

The San Francisco Fire Department took shape, as did the city, from the ashes and embers of the Great Fire of 1906. In the tumultuous seaport full of those seeking California's newly found gold, volunteer fire companies had to adapt to a teeming city full of canvas tents, wood shacks, kerosene lanterns, ocean breezes, and hilly winding streets.

From a force that initially pulled hand-operated pumps and competed to be the first at a fire, traveling in horse-drawn equipment, the department has grown from a volunteer contingent of a few hundred to a company 1,800 strong and equipped to protect a city of 49 square miles, surrounded on three sides by salt water.

The historic photographs of *San Francisco Fire Department* document the establishment of the volunteer department on Christmas Eve 1849 and the inception of the paid force in 1866, as well as such colorful characters as Lily Hitchcock Coit, a belle who battled many a blaze with the volunteers and a portion of whose estate went to build the 210-foot Coit Tower on Telegraph Hill.

Striking images, many never before published, illustrate how the fire department was affected not only by the well-known inferno of 1906 but by the six blazes that leveled the waterfront in the 1850s and a number of other fires throughout the city's history.

Native San Franciscan John Garvey, whose ancestors served on the early San Francisco police force, is a graduate of the SFPD Citizens Police Academy. He is also a local historian, champion discus thrower, Pioneer San Francisco Fire Department Museum volunteer, and City Guide docent. His work with the San Francisco Fire Department began when, at age six, he pulled a fire alarm and delightedly watched the fire engine arrive.

Did You Know?

*Parents and teachers have a secret weapon in their quest to teach kids about reading, writing, and problem solving, communication, understanding, and kindness-eight-year old aardvark, Arthur Read. Since its debut on PBS in 1996, Arthur, produced by WGBH Boston and Cinar Corporation, and based on Marc Brown's best-selling books-has won the hearts of millions of children, who identify with Arthur and his friends as they encounter the joys and difficulties that all kids experience.

*A faster and easier way to structure your budget without having to account for every penny is *the 60 percent solution*. The idea is to keep committed expenses at or below 60 percent of income. Those expenses include basic food and clothing, household expenses, insurance premiums, all bills, even such non-essentials as satellite TV service and all taxes. Then divide up the remaining 40 percent into four chunks of 10 percent each for retirement savings; long-term savings; short-term savings and fun money. For more tips on budgeting, visit MSN Money (www.money.msn.com) or check out the planning tools in Microsoft Money software.

*One fact many prospective homeowners should know is that the best time to look for a mortgage is before you look for a house. This way you'll know exactly how much you can borrow and maximize your negotiating power.

*A growing number of wireless phone users are looking for ways to hang up on wireless phone bills. According to a recent survey, the average wireless household pays $17.75 each month above the cost of their monthly rate plan, representing 30 percent of the monthly bill. Factoring in other costs, consumers are paying five times the advertised contracted rate per minute. More startling is the fact that a whopping 78 percent of minutes paid for go unused.

*Some literacy skills should be taught way before a child ever enters the classroom. As a parent, you are your children's first teacher and it is important to begin exposing them to books at a young age, say experts at Kumon Math and Reading Centers. Children should understand how to hold a book, where the story begins and ends, that words are read from left to right, that stories are read front to the back and that pages are turned one at a time. Children should understand that the words seen in print and the words heard and said are related and that there's a difference between pictures and words. Children need to be able to identify the separate, small sounds called phonemes that make words and to associate the sounds with the written words. NAPS

Healthy Ideas

*A recent survey found that more than half (54 percent) of all adults think that cancer, not heart disease, is the leading cause of death among cigarette smokers. In addition, only half of adults are aware that one in 10 women aged 45 to 64 has some form of heart disease. A substantial percent of those surveyed are ignoring "heart-healthy" behaviors-even among populations with three out of three risk factors (hypertension, high cholesterol and family history of heart disease or stroke). More information can be found in the most recent issue of The Pfizer Journal(r) entitled "Heart Disease: An All-Out Attack on Risk," which can be read at www.thepfizerjournal.com. NAPS

California Housing Market Still Booming

From Page 1

Multi-family units totaled 4,668 in September, down 5.8 percent from August but up a resounding 34.8 percent from September 2003.

When adjusted for seasonality and the number of business days, September's permits issued add up to an annual total of 215,100 units, the highest rate this year, up 2.2 percent from August 2004 and up 16.5 percent from September 2003.

For the first nine months of 2004, total housing starts as measured by permits issued totaled 156,788, up 10,817 (7.4 percent) from the prior year. During that time period, 16 of the state's 28 metropolitan areas recorded an increase in the total number of housing permits issued and 16 of the 28 have posted gains in single-family permits compared to 2003.

Despite being on pace to build the most homes in a single year since 1989, housing prices continue to rise, causing some experts to think we are in the midst of a housing "bubble" that is ripe for bursting. Steve Doyle, President of the California Building Industry Association scoffs at this notion.

"A combination of historically low interest rates, an improving job market and rapidly increasing population has given more Californians than ever the capability of entering the housing market. Combine this influx of new buyers with a shortage of homes due to onerous mandates and soaring materials and land costs and you get the main reasons why housing costs continue to rise."

Doyle adds, "Letting us build more homes would go a long way in stabilizing prices. We need to be building at least 40,000 more homes per year just to keep up with current demand"

Questions to Ask When Considering a Mortgage

Navigating the mortgage process can be both confusing and overwhelming.

"As interest rates rise, you'll find lenders becoming more competitive to get your business, so be sure to compare multiple loan offers to find the deal that's right for you," said Brian Regan, LendingTree's chief consumer officer.

Here are eight questions to ask when shopping for a mortgage:

1) What is my credit rating? The better your credit, the more options you'll have. The three major consumer credit bureaus are Equifax (www.equifax.com), Experian (www.experian.com) and TransUnion (www.transunion.com). Be sure to correct any inaccuracies on your reports.

2) How much cash do I have on hand for a down payment and closing costs? Lenders generally require anywhere from five to 20 percent of a home's value as down payment. You'll need cash to cover closing costs, which can add up to two to six percent of your loan amount. Ask for a "good faith estimate" in writing to avoid surprises.

3) What type of mortgage makes sense for me? In addition to the traditional 30-year fixed rate mortgage, there are dozens of mortgage loan products available, from adjustable rate mortgages to interest-only and negative amortization loans.

4) When can I lock in my rate? Once you've selected your lender, consider locking-in your interest rate to protect yourself against rate increases. Some lenders let you lock in the rate at the beginning of the process, while others require the loan to be approved.

5) Are there points and how do they affect my rate? Points are additional, upfront fees that may be charged by the lender. One point equals one percent of your total loan amount. The more points you pay upfront, the lower your interest rate. The fewer points you pay, the higher the interest rate.

6) Can I pay more points upfront in exchange for a lower interest rate? You may be able to reduce your monthly payment and lower your interest costs by paying more points upfront, but consider how long it will take to recover the cost of those points with your monthly payments.

7) What is my APR? The Annual Percentage Rate (APR) includes your interest rate, mortgage insurance, interim interest, points and other fees, and thus makes it easier to compare loan offers on an apples-to-apples basis.

8) What will my monthly payment be? Monthly payment figures should include principal, interest, taxes and homeowner's insurance (PITI), plus mortgage insurance if required.

For more tips about picking the loan that's right for you, or to have banks compete for your business, go to www.lendingtree.com. NAPS

FREE CERAMICS CLASS

For everyone 18 and older at Visitacion Valley Community Center, 66 Raymond Avenue

Tuesdays from 9 a.m. to 4 p.m.

Very therapeutic and fun. You do not need to stay the entire day...come for as long as you like. We have a wonderful teacher to assist you.

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City College of San Francisco, Southeast Campus
Invites 18-24 year-olds to enroll in the

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Dr. Veronica Hunnicutt, Dean, Southeast Campus at 415.550.4347
Drop by Room 200 at 1800 Oakdale Avenue (at Phelps)
E-mail: vhunnicu@ccsf.edu

Bayview Police Station Update

by Bayview Captain Rick Bruce

Unity Day Parade

For the past eight years, The Unity Day Parade and celebration, organized by Neighborhood Safety Partnership (NSP, a program of SAFE) at the Opera House has become somewhat of a holiday tradition, and is known for highlighting and celebrating both the unity and pride of residents from the Bayview and Hunters Point communities. This year, Unity Day will be Saturday, Dec. 11, with the parade beginning at noon, traveling down Third Street from Gilman Park, and the celebration afterwards commences at 2 p.m. at the Opera House.

Portola Robberies

At various times this year, there have been series of robberies committed in the Portola neighborhood. These robberies have one element in common: the victims are almost exclusively Asian, and oftentimes, speak no (or very limited) English. Although Bayview officers have made several arrests in the past few months of persons responsible for these robberies, the pattern continues. Our plainclothes officers are working on these cases in conjunction with our Robbery Detail inspectors. If you know of someone who has been the victim of one of these robberies, please encourage them to notify the police. We know some of these cases are not being reported.

Police Cases

*On Oct. 28 at 10:58 a.m., a Bayview officer was on patrol at Tocoloma and Blanken Streets when he was flagged down by a man who told the officer that he had just been threatened by a man with a bat. The victim told the officer that the suspect, while waving a bat, had asked him what he "claimed." The officer began to search the area for the suspect, and found a man matching the description given at Tunnel and Blanken. The officer began to approach the suspect and could see that he was concealing something under his jacket. The officer detained the suspect and found that he was concealing a *lawn chair bag* which contained a wooden baseball bat. The bat was inscribed, "Dragon Brotherhood Gangster Crip" The officer asked the suspect what he claimed, and he responded, "Crips." The suspect further clarified his affiliation by stating that he was from the "Balboa Crips," referencing Balboa High School. The suspect told the officer that his mother had just kicked him out of their house because he had been fighting with his girlfriend, and as he walked away, he came across the victim. The suspect stated that he had only used his bat in self-defense, because the victim had waved a stick at him. Note that no stick was found in the area. The suspect, living on Gillette Street, was booked for terrorist threats, gang affiliation, and brandishing a weapon.

*On Nov. 1 at 9:05 p.m., Bayview officers responded to the 2500 block of San Bruno Avenue on the report of a strong-arm street robbery. The officers interviewed the victim through a Cantonese interpreter. The victim was waiting for a the bus in front of 2501 San Bruno Avenue when he was approached by two juvenile suspects. The victim stated that one of the suspects "bumped" him while the other suspect removed his wallet. Both suspects then fled and the victim phoned police. Suspect one is described as a Hispanic male, 17-18, 5'10", 150, wearing all black clothing. Suspect two is a Hispanic male, 5'6", 120, wearing all black clothing.

*On Nov. 3 at 3:40 p.m., Bayview officers responded to San Bruno and Mansell as back-up officers for a Traffic motorcycle lieutenant who was calling for assistance. The lieutenant had chased down a suspect in an aggravated assault case and was detaining him as the Bayview officers arrived. The victim, whose face was covered with blood, told officers that he was on a bus with the suspect (they are both students at Burton High School), and the suspect had told him to stop looking at him. The suspect then punched the victim in the face, resulting in a deep laceration over his eye which required stitches. The suspect, 15 years old and living in Daly City, was booked for aggravated assault at Youth Guidance Center (YGC).

*On Nov. 5 at 11:30 a.m., Bayview officers responded to a home on the 800 block of Felton on a domestic violence call. The female caller told officers that her husband had just taken some *Viagra*, and when the wife refused his advances, he became angry and battered her. The officers arrested the husband for domestic violence.

*On Nov. 6 at 5:32 p.m., Bayview officers made a traffic stop on a vehicle on the 2500 block of San Bruno Avenue. The officers were in the process of citing the driver as an unlicensed driver, when he suddenly began to walk away. The officers pursued the man to detain him and they were suddenly set upon by a woman who battered the officers, eventually biting one of the officers. The woman, who turned out to the wife of the male driver, was arrested for battery on a peace officer. The driver was cited for the traffic offenses and released at the scene. The officer received a tetanus shot and was treated for a human bite wound.

*On Nov. 8, at 12:01 a.m., Bayview officers responded to the 2700 block of San Bruno Avenue on a burglary in progress call. As the officers arrived, they saw a man, dressed in dark clothing and carrying a backpack, walking away from a home on the block. The man looked directly at the officers and then ran into a doorway, where the officers detained him. The officers were then approached by the female caller, who told them that she had heard someone breaking into her apartment and had phoned police. The officers checked the man's backpack and found a video camera, black translucent plastic, and women's underwear. The officers viewed the video in the camera and found it to contain images of people using a toilet, as well as images of the woman they had just interviewed (the female caller). It was determined that the male suspect was the ex-boyfriend of the woman's mother, and had apparently been filming the daughter through open windows, from her backyard area, as she dressed. The man, living on the 5500 block of Mission Street, was booked as a *peeping tom*. The video and tape were booked as evidence.

*On Nov. 10 at 4:02 p.m., a Traffic officer was on patrol at San Bruno and Mansell when he saw a vehicle drive past him with no license plate. The officer pulled the vehicle over and attempted to identify the driver, who had no ID on him and no driver's license. The officer then saw a large clear bag containing marijuana, along with a scale, on the driver-side floorboard area and seized them both. The driver was arrested for possession of marijuana for sale, and a subsequent search of the vehicle's interior and trunk revealed a loaded handgun, a stolen license plate, and additional narcotics. The man had given a fictitious name, and was eventually correctly identified. The man was booked for numerous drug and weapons charges.

*On Nov. 10 at 6:20 p.m. Bayview officers took a report from a woman who had just been robbed on the 300 block of Hale. The woman told officers that she had exited a Muni bus at Silver and Boylston and was walking north on Boylston when a man violently ripped her purse from her shoulder and fled on foot. The suspect is described as a black male, 20-21, 6'2", 180, wearing a black beanie, black jacket, and dark pants.

*On Nov. 11 at 1 p.m., Bayview officers took a report at San Francisco General Hospital from a man who had just been robbed on the 200 block of Wayland. The victim told officers he was in front of his home when two suspects approached and asked for money. When the victim told the suspects he had no money, one of the suspects punched him in the face, knocking him to the ground. Both suspects then went through the victim's pockets, and fled on foot as the victim began to scream. Suspect one is a black male, 18-22, 5'10", 160. Suspect two is a white male, 6'0", 170, wearing a blue windbreaker.

*On Nov. 11 at 7 p.m., Bayview officers took a report from a woman who had just been robbed at Felton and Somerset. The woman told officers she had just exited a Muni bus on San Bruno Avenue and was walking when she was suddenly approached from the rear by a male suspect who violently pulled her purse from her shoulder and then fled on foot. The suspect is described only as a black male, 20-30, 6'0", 150, wearing a black baseball cap, black jacket and black jeans.

Police Summaries

*Oct. 18: 8:46 a.m., 102 Teddy Ave., stolen auto.
*Oct. 18: 11 a.m., 477 Goettingen St., burglary.
*Oct. 18: 7:38 a.m., 350 Girard St., bomb threat.
*Oct. 18: 2:07 p.m., 100 Girard St., battery
*Oct. 19: 10:30 p.m., Tocoloma & Lathrop Aves., auto boost.
*Oct. 20: 5:10 a.m., 374 Raymond Ave., auto boost.
*Oct. 20: 7:40 a.m., 154 Cambridge St., stolen auto.
*Oct. 20: 9:50 a.m., 249 Holyoke St., fraudulent credit application.
*Oct. 20: 1 p.m., 851 Brussels St., threatening phone calls.
*Oct. 20: 1:30 p.m., 441 Wheeler Ave., auto boost.
*Oct. 21: 7:40 a.m., Somerset St. & Bacon St., auto boost.
*Oct. 21: 10 a.m., Wayland & Brussels Sts., theft of property
*Oct. 21: 2:30 p.m., 847 Dwight St., harassing phone calls.
*Oct. 26: 10:20 a.m., 350 Girard St., bomb threat.
*Oct. 26: 5:45 p.m., Felton & Brussels Sts., vandalism to vehicle.
*Oct. 26: 7 p.m., 2910 San Bruno Ave., death case.
*Oct. 27: 10 p.m., John Shelly Dr. & Mansell St., vehicle arson /recovered stolen auto.
*Oct. 28: 8:23 a.m., 851 Brussels St., stay-away order violation.
*Nov. 3: 12:18 p.m., 2660 San Bruno Ave., stolen auto.
*Nov. 3: 5:26 a.m., Bayshore Blvd. & Bacon St., hit and run.
*Nov. 4: 9:51 a.m., 350 Girard St., bomb threats (middle school).
*Nov. 4: 7 p.m., Ordway & Girard Sts., auto boost.
*Nov. 8: 10:50 a.m., Bacon St. & San Bruno Ave., battery
*Nov. 8: 12:15 p.m., 350 Girard St., mental health detention.
*Nov. 8: 4 p.m., 33 Blanken Ave., vandalism.
*Nov. 8: 4:20 p.m., 145 Ankeny St., fraudulent use of auto teller card

Grapevine Puzzler United States Governors

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Babauta, Baldacci, Barbour, Benson, Blagojevich, Blanco, Bredesen, Bush, Calderón, Camacho, Carcieri, Codey, Douglas, Doyle, Easley, Ehrlich, Fletcher, Freudenthal, Granholm, Guinn, Henry, Holden, Hoeven, Huckabee, Johanns, Kempthorne, Kernan, Kulongoski, Lingle, Locke, Martz, McGreevey, Minner, Murkowski, Napolitano, Owens, Pataki, Pawlenty, Perdue, Perry, Rell, Rendell, Richardson, Riley, Romney, Rounds, Sanford, Schwarzenegger, Sebelius, Taft, Tulafono, Tumbull, Walker, Warner, Wise

Historic Proportions

Match clues to answers.

1910

1. He went to look for the South Pole in June.
2. Earthquake killed 500 on June 5.
3. King escaped failing monarchy in Portugal on Oct. 4.
4. American version of British organization started in February.
5. He retained his heavyweight boxing title on July 4.
6. Slavery finally abolished here on Mar. 10.
7. City got severely flooded in late January.
8. World's Fair opened here on Apr. 23.
9. A return to view after 75 years.
10. World Series Winners on Oct.23.
11. Horrible forest fire killed 300 people here in October.
12. Invaded by Japanese army on June 24.

A. Boy Scouts of America
B. Brussels
C. Philadelphia Athletics
D. Manuel II
E. Robert Scott
F. Paris
G. Halley's Comet
H. Korea
I. Minnesota
J. China
K. Nicaragua
L. Jack Johnson

Answers: 1-E; 2-K; 3-D; 4-A; 5-L; 6-J; 7-F; 8-B; 9-G; 10-C; 11-I; 12-H.

Sez Who?

Match quotes to speakers.

1. "All I need to make a comedy is a park, a policeman and a pretty girl."
2. "Yes, I have climbed to the top of the greasy pole."
3. "Actors should be treated like cattle."
4. "A little flattery will support a man through great fatigue."
5. "A worthy man is not mindful of past injuries."
6. "On an occasion of this kind it becomes more than a moral duty to speak one's mind. It becomes a pleasure."
7. "I never hated a man enough to give him diamonds back."
8. "Insanity is often the logic of an accurate mind overtaxed."
9. " Timing can be everything in selling an idea."

A. Alfred Hitchcock
B. Zsa Zsa Gabor
C. James Monroe
D. Charlie Chaplin
E. Oscar Wilde
F. Oliver Wendell Holmes
G. Benjamin Disraeli
H. Harrison W. Fox, Jr.
I. Euripides

Answers: 1-D; 2-G; 3-A; 4-C; 5-I; 6-E; 7-B; 8-F; 9-H.

Five Years Ago In the Grapevine

DECEMBER 1999

*More than 200 people turned out Nov. 13 at the Visitacion Valley Community Center to learn and voice their concerns about the potential Home Depot hardware giant moving into the neighborhood.

*Representatives from the District Attorney's Office, Social Security Office, Legal Assistance to the Elderly and Senior Escort were in attendance for a final session of *Senior Survival School* on Nov. 22 at Visitacion Valley Senior Center to give information to senior participants about their program and services.

*Mayor Willie Brown made a guest appearance at St. James Presbyterian Church on Nov. 21, shortly after Jerry O. Resus, the pastor, had delivered a Sunday worship message.

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: $60; 1/2 Page $33.75; 1/4 Page $18.75; 1/8 Page $10; 1/12 Page $8, 1/16 Page $6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Sump, the Grump

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: I'm having relatives for dinner this Thanksgiving. Can you offer any holiday suggestions? – November Norma

Poor Rix is glad you're serving relatives, but thinks most diners will prefer turkey.

Every Thanksgiving Poor Rix opens the home to friends and family. Last year, we set a table for 137 guests, but served only 15. (We regretted this post-Halloween prank when the angry unfed stormed into the neighborhood, and devoured several pet chickens before we summoned them for dessert.)

Following are answers to commonly asked questions:

How do you feel about frozen turkeys? I do not feel them, because they make my fingers cold.

If the turkey gets chilled, should I cover it? How do you think they invented the term "dressing?"

How does one prepare a turkey for Thanksgiving? If it is dead, cook it for a real long time. If it is alive, prepare it by saying: "Tom, have you ever visited a processing plant?"

How does one stuff a turkey? Poor Rix is clueless. We suggest you consult a taxidermist.

What does one serve with turkey? Some offer mashed potatoes, green peas, or cranberry sauce. My cheap friend Ralph grinds it in a blender, serves it in milk shake glasses, and calls it "turkey in the straw."

How many football games get televised that weekend? Well over 7,000, not including cable.

Dear Poor Rix: When did people begin to host parties for the New Year? - January Jan

Ancient Egyptians celebrated New Year when the Nile River overflowed, usually in June. Then someone suggested, "If you change New Year to January, you won't drown coming home from the party."

Early Romans named their celebration for Janus, a deity with two faces. One face looked backward, the other forward.

Today, we also reflect on the past and plan for the future. But we no longer have two faces, because the one in back is too hard to shave.

Another New Year's custom was chimney cleaning. This meant participants planned to "clean up" their faults, and strive to do better the following year.

Sadly, a few zealous cleaners toppled down the chute into the fireplace below. This was called "coming down with the flue."

The Druids celebrated the New Year on March 1. Sadly, that was two months late for bowl games.

But remember, these were ancient civilizations, and did not worship football.

Dear Poor Rix: Can you tell me why people are always telling jokes about bartenders, like the one about a toothless termite who went into a bar and asked: "Is the bar tender here?" – Violet, Tarrytown, NY

Poor Rix first checked his personal library about this, but didn't find much. (Poor Rix's books contain drawings that require completion by crayon.)

Poor Rix also consulted friends, and some of them read. They reported that in medieval times, peasants survived on food produced from grain. They devoured lots of bread and porridge, and paid little attention to low-carb diets.

Then some guy discovered grains could be fermented, and made into ale. He invited his friends over to the barn for a sip, because he didn't want to drink alone.

Pretty soon village grown-ups decided they needed a more cerebral place to gather than somebody's stable, because cattle are full of bull. So they invented taverns.

In this country's early years, taverns became both a place to party and a public meetinghouse. Townspeople drank and conducted business late into the night, much of which they couldn't remember.

The bartender – often the tavern's owner – became a combination host, marriage counselor, and referee for parties, arguments, and even fistfights held there.

And that bartender – always alert – also had to recall all the business conducted there the night before.

So, people should respect bartenders, because it's one ale of a job.

Hey, Poor Rix: My college roommate says he heard that scientists discovered the fossils of a ten-foot-long rat. Is this true? – Dan in the Dorm

Dan, much like some political biographies, your roommate's report is mostly true. Actually, the monster mouse measured nine feet long, many times the size of Poor Rix's gerbil Gerald.

I asked Gerald what he knew. Gerald claims he's heard about several big rats in history, but thinks most of them were human.

This giant rodent lived nearly eight million years ago. Fortunately for 21st century people, the animal is now quite sincerely dead.

Scientists say this beast had huge teeth, a long tail, and weighed as much as a buffalo. This would make him a formidable foe, but a poor dancer.

What did he eat? Poor Rix is not sure, but suspects the answer is "anything he wanted."

Earlier scientific expeditions to that same region found bones of several huge reptiles, including one eight-foot turtle shell and a bunch of gigantic crocodiles.

Researchers also discovered the teeth of a giant mammal. We're not sure what it was, but you wouldn't want it for a house pet.

Why did those massive rats disappear? No one's sure, but here's a guess:

Real, real, real big cats.

Dear Poor Rix: A friend tells me Abraham Lincoln wrote the Gettysburg Address on an envelope while traveling by train to the event. Is this true or false? - History Student

Poor Rix never saw Lincoln personally, but has recognized his face on several pennies.

Seriously, some historians concur with the envelope story, and others insist he worked on this important document for several weeks.

Nearly all agree that it's one of the greatest speeches in history.

There's also a story about the tourist who goes to Pennsylvania and asks, "Where can I find Lincoln's Gettysburg Address?"

The guy replies, "I didn't know he had a house here."

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child; $5 for a parent and child combo. All kids under 6 must be with a paying adult. Arts Card members receive a 2-for-1 discount. Call 554-9600 for further information.

*Dec. 11: *Duck Stamp Prints*: Create your own duck stamp print.

*Dec. 18: *Water Bird Stencil Tee-Shirts*: Learn about migrating birds that spend the winter in California's wetlands, then make a stencil of your favorite water bird to print on a tee-shirt.

Other regular Saturday activities include:

*Morning: Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Holiday Crafts Day

Randall Museum will have a *Holiday Crafts Day*, a family day of make-and-take crafts ideal for seasonal holiday gifts on Saturday, Dec. 4 from 10 a.m. to 3 p.m. There will be a special performance at 12 noon by Paul Godwin and the Sippy Cups.

As a Matter of Fact

*The man who found the gold at Sutter's Mill in California in 1848, which started the Gold Rush of 1849, was James Wilson Marshall. He and Sutter lost all claim to the gold they found and Marshall died poor in 1885.

*Unlike other dogs which hunt primarily by smell, the greyhound also hunts by sight. It is fast enough to keep its prey in view.

*The state of Louisiana has an official crustacean. It's the crawfish.

*Well-known sporting goods manufacturer Nije paid a design student $35 in 1972 for the symbol that now appears on its products. Student Carolyn Davidson came up with its boomerang symbol.

*Harvard is the oldest college in the United States.

*The word *galaxy* comes from the Greek word for milk.

Trophy Room Museum

A Trophy Room Museum is now open Mondays and Wednesdays from 12 noon to 4 p.m. at the Veterans' Building on Van Ness Avenue at McAllister Street.

Docents from the La Puerta de Oro's San Francisco Chapter, and Daughters of the American Revolution are presently doing historical research on the museum artifacts, as well as conducting tours. Recently added is a painting of General Douglas MacArthur's return to the Philippines about 60 years ago. Admission is free.

Crossword Puzzle

Solution on Page 3

ACROSS

1 Federal Trade Commission (abbr.)
4 Fuel
7 Chief executive officer (abbr)
10 King of Israel
11 Border
12 Spindle
14 Fence of stakes
16 Spin
17 Turk. title
18 Almost
20 Sheep's cry
21 Delay
22 Coarse file
24 Sacred city of India
28 Friend of Mowgli
31 Winglike
32 Mythical bird
34 Lofty
35 Daughter of Helios
37 Male falcon
39 Alaska Hawaii Std. Time (abbr.)
41 Fellow
42 Anglo-Saxon letter
44 Prophetess
46 Fish with bait on the surface
49 Loess
51 Font
53 In the matter of (2 words)
54 Art (Lat.)
55 Academy (abbr.)
56 Trouble
57 Modernist
58 Ancient stringed instrument

DOWN

1 Droop
2 Broad structural basin
3 Greek letter
4 Farmer
5 Helper
6 Chic
7 Lobster box
8 Model
9 Olive genus
10 Environmental Protection Agency (abbr.)
13 Guido's note (2 words)
15 Fr.-German region
19 Mortar beater
21 Tamarack
23 Filled completely
24 Cistern
25 Teacher of Samuel
26 4th incarnation of Vishnu
27 Distress signal
29 Cheer
30 Danube tributary
33 Cousteau's ship
36 Curved letter
38 Money
40 Giant
42 Yale student
43 Port. Lady
45 Cow shelter
46 Carplike fish
47 Adjective-forming (suf.)
48 Garden plot
50 Honey
52 Trend

Visitacion Valley Police Report

by Ingleside Captain Paul Chignell

Police Community Meeting at Visitacion Valley Clubhouse

Arrangements are being made for a monthly *Visitacion Valley Police Community Meeting* to be held at the Clubhouse at Cora Street and Leland Avenue. The first meeting is tentatively scheduled for Thursday, Dec. 9 from 7 until 8:30 p.m.

For some time members of the Visitacion Valley community have wanted a police/neighborhood meeting in their community on a regular basis. This is about to happen. I express my thanks to Al Harris, Leroy Ives, Bob Lehman and Betty Wilson as catalysts for this effort.

Armed Robbery at VVMS

A suspect entered the school office at Visitacion Valley Middle School on Nov. 9 at 6:55 a.m. and robbed two employees at gun point. The suspect fled into the school and the victims called the police. Numerous police officers from Ingleside Station sealed off the building and escorted to safety all staff and hundreds of children.

The Police Department then conducted a comprehensive search of the building and the environs of the campus for several hours but the suspect had previously escaped the premises.

A debriefing was held with staff at the school concerning how and why the Police Department operated as we did to ensure the safety of all.

Inspectors of the Robbery Detail are handling the investigation. Anyone with information on the identity of the suspect or other information relevant to the crime can call 553-1201 during business hours or at 553-1071 after hours.

Problem on Pasadena Street

Members of the Ingleside Station have been made aware of problems associated with a house on the first block of Pasadena. Concerns have been raised with regard to drug activity, stolen property, and a congregation of parolees and probationers.

A state parole agent, a deputy sheriff and Ingleside officers responded to the premises on Nov. 9 at 2 p.m. Various gambling devices were seized and 12 suspects were arrested or cited for narcotics violations, parole wants and other warrants.

Firearm Traces

Much of the extreme violence that we experience in San Francisco is directly attributable to firearms. Here are the results of some of the recent traces from firearms recovered in the Ingleside Police District:

*Raven Arms .25 caliber pistol. Recovered on Peru Street and traced to a purchaser in Delhi, Calif.

*Savage .22 caliber rifle. Recovered on Paris Street and unable to be traced.

*Bushmaster .223 rifle. Recovered on Hollywood Court and traced to an out of business dealer.

*Ruger .22 caliber revolver. Recovered at Ingleside Station and traced to an out of business dealer.

*North China 762 Rifle. Recovered at Santos and Blythdale Avenue and traced to a purchaser in Texas.

*Colt .45 caliber pistol. Recovered on Admiral street and traced to a purchaser in Dana Point, CA.

*Smith and Wesson .357 revolver. Recovered at Ingleside Station and traced to a purchaser in San Francisco.

*Borto 12 caliber Shotgun. Recovered on Desmond Street and traced to K Mart in Troy, Michigan.

*Cobra Derringer. Recovered on London Street and traced to a purchaser in Portland, OR.

*Smith and Wesson .38 caliber revolver. Recovered on San Miguel Street and traced to the dealer in Springfield, Mass.

*Winchester 30-30 Rifle. Recovered at Geneva and Cerito and traced to a purchaser in Liberty Lake, Washington.

*Davis .380 Pistol. Recovered on Monterey Avenue and traced to the dealer in Chino, CA.

*Glock 9 millimeter pistol. Recovered on Carver Street and traced to a purchaser in Santa Rosa.

Police Cases

*On Oct. 20 at 9:20 p.m., officers were called to the 100 block of Blythdale on an attempted suicide. An 18 year old had hung himself. Medics arrived and transported him to the hospital crisis center for evaluation.

*On Oct. 22 at 11 a.m., a 63-year-old woman got off the bus at Sawyer and Leland. A suspect came up to her pushed her to the ground and took her purse. He then fled on foot. At 4 p.m., a family had been receiving death threats from a deranged person from out of the area. The victims live on the 300 block of Sawyer. A report was made, a stay away served and the investigation is continuing.

*On Oct. 25 at 12:30 p.m., officers responded to the first block of Tioga Avenue on a domestic violence case. After an investigation, the husband on the premise was arrested for two felony charges for beating and strangling his wife. At 1:30 p.m., an unknown suspect(s) broke an entry gate and tried to break into a mailbox at the garage on the 1100 block of Goettingen. At 7 p.m. a suspect known to the victim pulled up on the 100 block of Tucker and pointed a firearm at a subject yelling that he wanted to know the whereabouts of a party. The victim stated she had no idea and the suspect drove away.

*On Oct. 26, officers responded to the 100 block of Tucker on a call of a barking dog. They encountered a subject in the open garage area. The subject stated that he would put his dogs away. The officers then noticed a car double-parked in front of the residence. A computer check revealed the vehicle was stolen. Through a preliminary investigation, they determined that another occupant in the house had been driving the stolen car. He was arrested for auto theft, receiving stolen property and found to be on parole, so a parole hold was placed on him. The suspect lives in El Cerrito.

*On Oct. 28 at 6:15 a.m. there was a domestic violence incident on the first block of Blythdale where a victim had been strangled and thrown against a wall. The suspect escaped before the officers arrived.

*On Oct. 29 at 5:30 p.m., a victim reported multiple shots fired on the 100 block of Argonaut. One round was found to have penetrated the front door of the residence. At 6 p.m. an officer investigated a case where a suspect on the first block of Loehr Street threw a brick through the windshield of his estranged girlfriend's car. Officers found that the suspect had been to the 400 block of Burrows with another threat but was not there when the officers arrived. Eventually later in the evening he turned himself in at Ingleside Station and was booked on an assault and malicious mischief charge. At 10 p.m. officers responded to the 1700 block of Sunnydale on a report of numerous shots fired. There was also a report of numerous individuals running in the area of McCarthy and Burr. Vehicles in the area had been hit and the officers recovered a stolen vehicle nearby. At 10:30 p.m., a domestic violence report was made on the 100 block of Tioga where the phones had also been disconnected. The suspect fled the scene.

*On Oct. 30 at 1 a.m. officers responded to 9 Castillo St. on a *shots fired* call. A victim was found on the ground bleeding with multiple wounds to the legs and buttocks. A witness heard 5 to10 shots and also heard the victim calling for help. Officers rendered first aid and had the victim transported to San Francisco General Hospital. Vehicles in the area were damaged by the gunfire. At 8:30 a.m., a domestic violence case was reported on the first block of Santos where an ex-boyfriend strangled and threatened the victim and then left the premises. At 10 a.m., multiple shots were fired at two victims in a vehicle at Sunnydale and Garrison. Both victims are surviving and the case is under comprehensive investigation. At 10:45 a.m. more shots were heard on the 200 block of Argonaut. Two subjects were detained after found running from the gunfire. Numerous units from the Police Department conducted a lengthy search for victims and evidence. The investigation is continuing. At 2 p.m. officers responded to the 1600 block of Sunnydale on a report of a dangerous and threatening man who had entered a residence through a rear door. The officers located the suspect and arrested him for burglary, trespassing, threats and for being in violation of his probation. The suspect resides on the 1500 block of McKinnon. At 4 p.m., a victim was hit with a crowbar in the head on the 2200 block of Bayshore. The victim could not provide a motivation for the attack.

*On Nov. 1 at 2:45 a.m., officers responded to the 500 block of Velasco on a domestci violence call. The officers investigated and found that an ex-boyfriend had strangled, beaten and threatened with a knife a female victim. The subject who resides on the 2700 block of 21st Street was booked on multiple counts. At 10:30 a.m. a report was made of fraudulent credit card activity from credit cards stolen from El Dorado Elementary School. The investigation is continuing.

*On Nov. 2 at 1:15 p.m., officers were on patrol on the 1200 block of Sunnydale. They observed a suspicious subject who had difficulty being truthful about his name. They finally confirmed his identity and found that the subject, who resides on the 100 block of Schwerin, had a *no bail* parole warrant for his arrest. He was taken to jail.

*On Nov. 3 at 10:15 a.m. an officer investigated a case from Visitacion Valley Middle School where a suspect had threatened and dissuaded a witness. The suspect was arrested on the first block of Blythdale. At 11:30 a.m. there were threats from a prospective tenant on the 1200 block of Sunnydale.

*On Nov. 5 at 8:30 a.m., officers were summoned to Brookdale and Santos on numerous shots fired. Two victims were found shot, both residents of public housing in the area. Both victims and witnesses were uncooperative. Both victims were transported to San Francisco General Hospital for treatment. At 5 p.m., officers responded to the 200 block of Raymond on a domestic violence case. They determined that the suspect had strangled and beaten his wife. The subject was arrested on multiple felonies. At 7 p.m. officers went to a residence on the 100 block of Blythdale to serve a domestic violence subject with a restraining order. The subject was located hiding behind a bedroom door and booked for a domestic violence charge and a vehicular warrant from the Colma Police Department.

*On Nov. 7 at 12:20 a.m., officers responded to the first block of Ervine Street and located a domestic violence subject. He was arrested and also served with a restraining order.

*On Nov. 8 at 1 p.m., a victim got off the 14 Muni bus at Visitation and Rey when she saw a vehicle with two suspects following her. One got out of the car, grabbed her by the hair and went through her pockets looking for money. She had no money and the suspect fled in the waiting car. At 7 p.m. a report was made of a child abduction on the 3800 block of San Bruno where one parent may have taken a 13 year old from the other parent. The investigation is continuing. At 8 p.m. a domestic violence report was made on the 200 block of Rey where the suspect struck his girlfriend in the forehead and ripped the phone out of the wall. At 8:30 p.m. a victim was walking in the Sunnydale and Hahn area when she was approached by three predators who grabbed her purse and took off running to Santos Street.

*On Nov. 9 at 10:30 a.m., a burglary occurred on the first block of Rey Street. Entry was through the front door. There was no discernible loss. At 11:48 a.m. a single gunshot was heard near Visitacion Valley Middle School. There were no injuries and the source of the shot is under investigation. At 5 p.m. an apartment on the 1800 block of Sunnydale was broken into through a window and s electronics and money was taken.

*On Nov. 10 at 11:15 p.m., officers responded to a call of a male with a handgun on the 100 block of Brookdale. The witness had seen numerous individuals dressed in black and one with a handgun. The officers located two suspects and cited one for a delaying an officer violation. The firearm, a .40 caliber automatic was found nearby and processed for evidence.

*On Nov. 11 at 7 p.m., officers were on surveillance on the 600 block of Sunnydale searching for a wanted domestic violence suspect with a $100,000 warrant. They spotted him getting on a Muni bus and arrested him without incident. The suspect lives on the 100 block of Schwerin.

*On Nov. 12 at 9:30 p.m. officers were in the area of Goettingen and Harkness when they observed a subject driving a car recklessly. They gave chase and the subject stopped the car and ran to a house on the 1100 block of Girard. The officers followed and captured the subject. The subject was arrested for auto theft, resisting arrest, driving with no license and other violations.

Police Summaries

*Oct. 16: 12:01 a.m., Campbell Ave. & Rutland St., malicious mischief, vandalism.

*Oct. 16: 2 p.m., Campbell Ave. & Rutland St., stolen auto

*Oct. 16: 2 p.m., Campbell Ave. & Rutland St., recovered auto.

*Oct. 16: 11:30 p.m., Wilde Ave. & Ervine St., petty theft from locked auto.

*Oct. 16: 11:30 p.m., Wilde Ave. & Ervine St., attempted stolen vehicle.

*Oct. 17: 4 p.m., Visitacion Ave. & Peabody St., grand theft from person.

*Oct. 17: 5:50 p.m., Arleta Ave. & Bayshore Blvd., larceny, petty theft from phone booth.

*Oct. 19: 1:05 p.m., Sunnydale Ave. & Hahn St., maintaining premise where narcotics are sold/used.

*Oct. 19: 5:06 p.m., Leland Ave. & Desmond St., vandalism, malicous mischief, graffiti.

*Oct. 19: 6 a.m., 300 block of Raymond Ave., vandalism, malicous mischief, breaking windows.

*Oct. 19: 6 p.m., 000 block of Leland Ave., graffiti.

*Oct. 19: 10:30 p.m., Lathrop & Tocoloma Aves., petty theft from locked auto.

*Oct. 20: 10 a.m., 450 Raymond Ave., found juvenile.

*Oct. 20: 8 p.m., 200 block of Brookdale Ave., vandalism to vehicle.

*Oct. 20: 9:30 p.m., 300 block of Sawyer St., missing person.

*Oct. 21: 1:30 a.m., 3500 block of San Bruno Ave., vandalism.

*Oct. 21: 3:45 p.m., 000 block of Brookdale Ave., theft.

*Oct. 21: 8 p.m., 000 block of Leland Ave., missing juvenile.

*Oct. 22: 9:30 a.m., 200 block of Rey St., medical call.

*Oct. 22: 11 a.m., 400 block of Raymond Ave., simple assault, battery.

*Oct. 22: 1:30 p.m., Blythdale & Brookdale Aves., stolen and recovered vehicle.

*Oct. 22: 3 p.m. 1500 block of Sunnydale Ave., stolen auto.

*Oct. 22: 3 p.m. 1500 block of Sunnydale Ave., recovered auto.

*Oct. 22: 10:30 p.m., 000 block of Argonaut Ave., threats.

*Oct. 25: 12 midnight, 000 block of Leland Ave., mental detention.

*Oct. 25: 10 a.m., 600 block of Velasco Ave., false vehicle registration.

*Oct. 26: 11:05 p.m., Delta St. & Tucker Ave., recovered vehicle stolen outside S.F.

*Oct. 28: 12 noon, Campbell Ave. & Rutland St., stolen auto.

*Oct. 29: 5 p.m., Visitacion Ave. & Rey St., stolen truck.

*Nov. 4: 4 p.m., 1500 block of Sunnydale Ave., fire.

*Nov. 4: 8 p.m., 1900 block of Sunnydale Ave., burglary.

*Nov. 5; 5 p.m., 300 block of Sawyer St., burglary.

*Nov. 5: 11 p.m., 3200 block of San Bruno Ave., burglary

*Nov. 11: 5:35 a.m., 200 block of Argonaut Ave., robbery with handgun.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-6281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
JESUS BAKERY, 98 Leland Ave., 587-7721
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800 *WHO'S BADD*, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 566-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC, CMFC, 333-0850
ALICE L. WONG, 160A Leland Ave., 337-8811

KITCHEN CABINETS
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-8020

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIDE PAPER, 345 Schwerin St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
OR SAM HO, MD, 9 Silliman St. No. 4, 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 406-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777

REAL ESTATE
Cathy Kline Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163

RESTAURANTS
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd. 330-0736, Fax 330-9813
4 EVERYDAY PEOPLE, 107 Leland Ave., 308-5673
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT, 167 Leland Ave., 337-0433
Y & G RESTAURANT, 73 Leland Ave., 469-5686

SCULPTOR
CANTORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7606

SERVICE PROVIDERS
THE VILLAGE, 333 Schwerin St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN
THE CLUB HOUSE, 25 Blanken Ave

TELEPHONE
O & A WIRELESS, 78 Leland Ave., 452-4139

VARIETY
GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923

VIDEO
No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038

Family & Community Services Center

Visitacion Valley Community Center, Inc.

Classes at
Visitacion Valley Community Center,
50 Raymond (Ceramic Room)
Free Consultation (appointment or drop-in)
with S.F. Health Plan Coordinator;
Low-Cost Health Insurance
Every Wednesday, 9 a.m. -4:30 p.m.

Men's Support Group
Every Tuesday & Thursday, 6-8 p.m.

Women's Support Group
Every Wednesday, 5:30-7:30 p.m.

For more information, contact
the following staff members:
Meriam T. Abalos, FCSC Coordinator
Marichelle Punzalan, Asst. Coordinator
Joanna Wong, Counselor
Tammie Lawrence, Outreach Worker
Han Chen, Intern Social Worker

Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.

Family Feast
Friday, December 3,
6 to 8 p.m. at 66 Raymond Ave..

FCSC Whole Family Christmas Party
Saturday, December 11
10:30 a.m. to 1:30 p.m.
at VVCC Gym, 66 Raymond Ave.

Fathers' Support Group Christmas Party
Saturday, December 18
11 a.m. to 1:30 p.m.
at 161 Leland Ave.

Parents Support Group Christmas Party
Thursday, December 23
3:30 to 4:30 p.m.
at 161 Leland Ave.

Free Food Distribution
from 3 to 4 p.m.
Mondays, December 4 and 20
at 161 Leland Ave.
Pre-registration every Tuesday and Wednesday
from 10:30-11:30 a.m. at 161 Leland Ave.

161 Leland Avenue **(415) 586-6998 Fax 586-8027**

Cathy Kline Saunders
Broker Associate

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